

MOVE MORE CYCLE RIDES

WHAT ARE THEY?

Move More Cycle Rides are regular FREE cycle rides, led by our qualified ride leaders. You can choose from Women Only Rides or Mixed Rides at different levels: Beginners, Easy Going, Steady, Intermediate, Challenge or Advanced. The rides are designed to help you build confidence on a bike and are a great way for you to discover new routes – all whilst helping you to improve your mental and physical wellbeing.

	DURATION	DISTANCE	PACE	ROUTE TYPE	TERRAIN	TOPOGRAPHY	RIDES WHICH MAY BE OFFERED
BEGINNERS	60 minutes max	10km (6 miles)	Average of 10.5 kmh (6.5 mph)	• Traffic free or quiet lanes	• Tarmac paths • Hard packed shale	Predominately flat	• Mixed • Adapted Cycles
EASY GOING	60 minutes	16km (10 miles)	Average of 15 kmh (9 mph)	• Traffic free or quiet lanes • Some main roads to link route for short periods	• Tarmac paths • Tarmac roads • Hard packed shale	Predominately flat but introducing some short hills	• Mixed • Adapted Cycles
STEADY	90 minutes	24km (15 miles)	Average of 17.5 kmh (11 mph)	• Traffic free • Suburban Routes • Roads	• Tarmac paths • Tarmac roads • Hard packed shale	Predominately flat introducing small inclines/descents	• Mixed • Adapted Cycles
INTERMEDIATE	90 minutes	28km (20 miles)	Average of 19 kmh (12 mph)	• Shared user paths and cycle paths • Country lanes • Some main roads to link lanes	• Gravel paths • Tarmac paths • Tarmac lanes	Predominately flat with slightly more inclines and descents (E-bikes rides will include greater inclines and descents)	• E-bike • Road bike • Mixed • Adapted Cycles
CHALLENGING	90 minutes	40km+ (25miles+)	Average of 23.5 kmh (15 mph)	• Country lanes and main roads	• Tarmac paths • Tarmac lanes	Combination of flat areas, greater inclines and descents	• E-bike • Road bike • Adapted Cycles
ADVANCED (SOCIAL RIDE)		80km+ (Up to 50 miles)	Average of 23.5 kmh (15 mph)	• Country lanes and main roads	• Tarmac paths • Tarmac lanes	Combination of flat areas, greater inclines and descents	• Road bike • Adapted Cycles

Get your move on!

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